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Wellness Center, Celebrating 25 Years!



Spring 2015

Wellness Center | 303-236-6911 | kiel.hovland@gsa.gov | PO Box 25567 | Denver CO 80225

Wellness Center News

Extras!

- Sunscreen and lotion are located on the cabinet in the hallway.
- Brand new bicycles are in the shed outside the Wellness Center.
- Basketballs and a soccer ball are also located in the cabinet in the hallway.
- Hair-ties are provided at the front desk.
- And loaner towels are provided at the front desk if you forget yours.

25 Year

Anniversary Party

Please come and celebrate the Wellness Center's 25th year anniversary! We will be serving delicious ice cream and frozen yogurt from 11:30 a.m. to 1:30 p.m. on Monday, June 1st in the Wellness Center parking lot.

If you can volunteer to scoop ice cream during the event, please sign-up for a 15 minute shift at the front desk in the Wellness Center.

The drinks and nutrition bars sold at the Wellness Center will fund the party.

Wellness Center Well-Bees

The Well-Bees proudly represented the Wellness Center in the annual Fed Cup 5k race.



14 teams competed for the prized cup and the Wellness Center finished a respectable 5th place.

Congratulations to Justin for finishing the race 2nd overall, John for finishing 3rd in his age group, Jeremiah and Andy for their outstanding finishing time's, and to Daniel and Kiel for making it to the finish line. And thank you to Andy Jr. for your cuteness.

From left- Daniel, Jeremiah, Justin, Kiel, John, Andy and Andy Jr.

Fundraiser for Nepal's Earthquake Victims

In June, Wellness Center member, Anna Wilson's daughter, Sarah, will embark on a solo cycle touring expedition from Denver, CO to Anchorage, AK to raise money for the Colorado

Nepal Alliance's earthquake relief effort. The ~3600 mile journey should take approximately 2 months, averaging 60-80 miles of riding per day. Sarah will ride in solidarity of those in Nepal who are struggling to put their lives back together after April's devastating

earthquake.

For more information on Sarah's ride and to donate please visit: www.YouCaring.com/bike4Nepal

Please bike the first leg of the trip with Sarah from Denver to Golden on Sunday, May 31 at noon. For details see

the poster on the bulletin board or contact Anna Wilson at annabwilson@gmail.com



Fun and Effective Fitness Tools at the Wellness Center

- **Battle Ropes** are not just for docking ships- they are great fitness tools that sculpt your muscles and provide a killer cardio workout. The key to battle rope's effectiveness is they work each arm independently, eliminating strength imbalances as they sculpt your muscles.



- **The Thigh Strap and Ankle Straps** are great tools for working the inner, outer thighs and buns. Barb is demonstrating a fantastic exercise for strengthening and toning the buns.



- **The TRX Suspension Trainer** utilizes your body-weight to develop strength, balance, flexibility and core stability. The Wellness Center offers TRX classes on Wednesdays at 11:15 a.m. Notice Eric's perfect form as he stabilizes his core while performing back rows.



- **Bongo Boards** became very popular in the late sixties. Skiers and other athletes used the boards for training. Now back in production, the Boards are becoming popular again and the Wellness Center has one for you to check out at the front desk.



- **Fitness DVD's:** Did you know that the Wellness Center has a variety of DVD's? Randy, Daniel and Jessie are seen here enjoying a P90x video.



- **Fitness Classes:** There are a variety of fitness classes for all fitness levels offered at the Wellness Center. In the photo, the Fit Ball class is demonstrating, core, knee and buns balance exercise.



Spring into Fitness on the Denver Federal Center

There are many options on the Federal Center for you to get outside, enjoy the weather and get fit and healthy. The following are a list of activities:

LEAGUE	DETAILS	CONTACT	ADDITIONAL INFO
Co-ed Softball League	Federal Center Softball Fields May—August Monday (5:00/6:30 p.m.): 5-5 League Wednesday (5:00/6:30 p.m.): 7-3 League	Justin Palmeter Rebman98@aol.com 303-917-4460	If you have a team formed contact Justin. If you are interested in joining a team, contact the team contact directly.
Men's Softball League	Federal Center Softball Fields May — July Tuesday Evenings	Steve Wilson swilson@usgs.gov 303-236-2454	
Tennis League	Various Locations Various Levels of Ability May—August	Paul Carlson FETA123 @fetatennis.org http://www.fetatennis.org	Registration begins April 1 — April 30 Season starts May 1
Lunch-time Soccer Bunch	Federal Center Softball Fields Any nice day with enough folks interested	John Dembicak John.dembiczak@onrr.gov Doug Ginley Douglas.ginley@onrr.gov	Google Group: dfcsoccer
Volleyball		John (Lee) Mauney jmauney@usbr.gov 303-445-2545	
Kickball League (Kickball League Full)	Federal Center Softball Fields Summer Thursday Evenings	James Smith James.smith@onrr.gov Tiffany Duval Tiffany.duval@onrr.gov	
Young Government Leaders Group	Social Forums Various Activities	James Smith James.smith@onrr.gov 303-231-3705	